

RANCH DIP

INGREDIENTS

1 cup sour cream	1 tsp dill
1 cup cottage cheese or plain yogurt	1 tsp basil
1/4 cup mayonnaise	1/2 tsp sea salt
1/2 tsp onion powder	1/2 tsp pepper
2 tsp minced parsley	1/8 tsp cayenne - optional
1 tsp garlic	
1/4 tsp paprika	

PROCEDURE

Combine all the ingredients well, store in the refrigerator, in a container with a tight-fitting lid.